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THE BURGER YOU'VE NEVER HAD
UNBURGER OPENS ITS DOORS {page 12}

GAZA-BOUND BOAT THWARTED
CANADIANS FORCED BACK TO SHORE {page 5}

WINNIPEG metro®

▶ Winnipeg police forensic evidence officers examine and document the bullet holes left by an unknown suspect in a Lord Roberts townhome yesterday morning.

BAD BOSS
HOW TO THWART A MAN-EATING DENTIST {page 8}

Tuesday, July 5, 2011
www.metronews.ca

News worth sharing.

JAMES TURNER/METRO

Boy shot in Lord Roberts

But shootings in city down 45 per cent over 2010, police say

JAMES TURNER
@METRONEWS.CA

A 14-year-old boy was the victim of a brazen and shocking shooting in a typically serene city neighbourhood, Winnipeg police say.

The teen, who was confined to hospital yesterday, was shot somewhere below the waist through the window of his Taft Crescent townhouse shortly before 3:45 a.m. yesterday.

He was last listed in stable condition.

A suspect or suspects who remained at large riddled the two-storey home with bullets for an unknown reason.

As many as 13 shots from what was described by officers as a "large-calibre" gun struck the front window, while others shelled additional parts of the residence.

The victim, described by police as an "innocent bystander," was lucky to escape the incident with his life.

"It's about as concerning as anything can be."
CONST. JASON MICHALYSHEN

"The victim in this matter is very, very fortunate," Const. Jason Michalyshen said.

Luckily, nobody else among the eight other people inside the home — nor in the adjoining townhouse — was injured.

Officers in the organized crime unit are leading the police investigation, but Michalyshen said it was too early to confirm whether the shooting was gang-related or whether it could be linked to other recent violence.

"Just because (the organized crime unit is) involved ... doesn't necessarily confirm we are dealing with organized crime," he said.

Police said the home was known to them from prior events, but couldn't say if any of its occupants had been targeted in the incident.

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1 news

After nearly two years, Ottawa and provinces reach $1.4B pact on affordable housing. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

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3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

The American economic situation looks grim, but Allan Small provides some compelling reasons to invest. Video at metronews.ca/investing

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Province compiling report to fight future flooding

The province has hired two engineer consulting firms to "urgently" develop options to deal with high water levels in Lake Manitoba and Lake St. Martin.

"We've had a preliminary report where (engineering firms) have identified numerous options for an outlet from Lake St.Martin to Lake Winnipeg, and also an outlet from Lake Manitoba to Lake St.Martin," said Steve Topping, executive director of Manitoba Water Stewardship.

Even though the outlets could potentially relieve high water levels, Topping said it may be months until a shovel hits the dirt. Topping put the cost of the channels at between $100 million to $200 million, meaning the cost to the province for this year's flood fight is now north of $550 million.

Alongside the potential outlets, new financial assistance has been put in place for those affected by flooding, increasing the maximum payout for permanent homes from $200,000 to $270,000 on Lake Manitoba and establishing more aid for constructing permanent flood protection across the province.

"Our goal is to lower lake-water levels on these lakes and provide hard-hit communities with needed relief," said Premier Greg Selinger, explaining how the two engineering firms — AECOM and KGS Group — will develop solutions to keep water levels in these lakes in check.

"It's clear the fight is not yet over."

MORGAN MODJESKI

Femme. Fatale

▶ Britney Spears brought her Femme Fatale tour to Winnipeg, and keeping with popular-music trends, she performed a set list of electronically induced dance tracks to about 10,000 screaming fans last night at the MTS Centre. The mostly female crowd danced along even though Britney still looked as if she were doing the modified version of the choreography.

CRYSTAL LADERAS/METRO WINNIPEG

Britney's dance tracks keep fans in thrall

McPhillips casino gets sky-high addition

200-room, four-star Canad Inns facility will include banquet and conference centre, dinner theatre, fine-dining restaurant, sports bar

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

A Manitoba Lotteries and Canad Inns redevelopment is going to cast a shadow on McPhillips Street, with a new 17-storey destination hotel slated to be built at the McPhillips Station Casino.

President and chair of Canad Inns, Leo Ledohowski, said the hotel will "stand out on the skyline and then become a kind of a beacon for the location of this entity."

The project is in its planning stages, with construction starting next spring for an early 2013 opening. Steve Ashton, minister responsible for Manitoba Lotteries, said the partnership also took into account the surrounding community's concerns.

"By purchasing the previous property, we're able to do a lot more for security and a lot more for creating employment in the area. A lot more people are going to be coming into this area and that's good for development all along McPhillips."

McPhillips Street is currently undergoing years of road construction and when asked about traffic concerns, Ashton said, "We're going to match that. One of the key elements in the acquisition is the ability to have complete control of the parking and we'll have proper traffic control."

Your votes for best patio

529 Wellington
529 Wellington Cres.
"The best steakhouse in town ... a gorgeous old mansion with a beautiful view of the river. It's so romantic to come here with my husband." — *M. Dyck*

Bar Italia
737 Corydon Ave.
"I love to dress up with my girlfriends and come here for dinner on a Saturday night. It doesn't hurt that ... a lot of cute guys ... come here too!" — *Alyssa Loewen*

In Ferno's Bistro
312 Des Meurons St.
"The food is fantastic but what I really love about this place is that there are two patios.... The lighting in the evening is really intimate." — *L. Smythe*

Reader's Choice
Best Patio
Tell us why you love your favourite Winnipeg patio and your review could be featured in Metro!
Have your say at ChickAdvisor.com/Metro from July 4 to July 7.

Greece disables aid ship bound for Gaza

Activists on Canadian ship call on Ottawa to denounce what they call an unlawful act by the Greek government

The Greek coast guard has damaged a Canadian ship bound for Gaza, forcing it back to shore after ramming it against a cement pier, activists said yesterday.

Activists at first believed the ship was sinking as a result of the hard landing. While it appeared the damaged ship would stay afloat, it remained confined to a Greek port late yesterday after an unsuccessful attempt to reach Gaza.

The Tahrir, bearing at least 30 Canadians, left a Greek port early yesterday evening local time and was boarded 15 minutes later by armed officers from the Greek coast guard.

Within an hour, the ship was back at another Greek port, where supporters of its mission were gathering.

"They arrived back to land into a location ... where the coast guard forced them to go to. Not the original dock," Ehab Lotayef, a Montreal-based spokesman for the ship, told The Canadian Press in a telephone interview.

"They slammed it into the concrete, into the pierside."

Lotayef said several dozen activist passengers remained late yesterday on board the ship, which was damaged and leaking diesel.

"We are holding the Greeks responsible for all that — totally unjustified action by the Greek government, arm-twisted by the Israelis," he said.

"It is a setback but it's not the end of the road. The efforts will continue worldwide until this blockade ends."

The ship had left the Greek port of Agios Nikolaos. Days earlier, a Greek coast guard vessel took up a berth next to the Tahrir after its activists declared their intent to set sail after various delays.

THE CANADIAN PRESS

Baby. Gagas

▶ Young fans of Lady Gaga strike a pose in costume at the start of her press conference in Taipei, Taiwan, yesterday.

WALLY SANTANA/THE ASSOCIATED PRESS

Born to play at being a superstar

Inmate sues jail over lack of porn

A Michigan jail inmate says he's being subjected to cruel and unusual punishment because he can't have pornography. Kyle Richards, 21, says denying his request for erotic material subjects him to a "poor standard of living" and "sexual and sensory deprivation."

THE ASSOCIATED PRESS

Lawyers to argue nudity no crime

Lawyers for a man charged after not wearing clothes at a drive-thru in central Ontario will try to convince a court judge today that it should no longer be a criminal offence to be nude in public. Brian Coldin is on trial after being nude at an A&W and a Tim Hortons in Bracebridge.

THE CANADIAN PRESS

Remains tested for bear attack

Medical officials should know today whether or not a black bear is responsible for the death of a Lillooet, B.C., woman whose remains were discovered on the weekend near her remote cabin. Regional coroner Mark Coleman said a Kamloops pathologist would conduct an autopsy.

THE CANADIAN PRESS

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SEEMED LIKE A GOOD IDEA AT THE TIME

SHE SAYS ...

JESSICA NAPIER
METRO

We all make mistakes. The chances of making those mistakes increase exponentially when alcohol is involved. In fact, the decisions you make during a night out on the town are almost exclusively regrettable.

Here are just a few of the things that you would never, ever do in real life (read: sober) but that seem like a really good idea at 2 a.m.

• Ask the DJ to play an obnoxious pop track from the mid-2000s — think Gwen Stefani's Hollaback Girl — and scream "THIS IS MY JAM" at anyone within earshot.

• Wear sunglasses indoors. Convince yourself that sunglasses are a fun prop and that wearing them at night will make people think you are a hilariously zany individual. If Corey Hart can do it, so can you.

• Get into a heated discussion about religion/politics/anything of a sensitive nature. Assume you are correct no matter how outlandish your point is. There is no reasoning with someone under the influence of drunk logic.

"Walk home barefoot through the city streets. Hepatitis be damned; your feet really hurt from wearing cheap heels all night long and five kilometres isn't really that far of a walk anyway."

• Order a pitcher of beer … for yourself. When the server asks: "What type of beer?" Respond with: "Surprise me."

• Get all confessiony and tell your best friend about that time you hooked up with her ex-boyfriend/brother/dad.

• Purchase a large pulled pork poutine with extra gravy or some other calorie-laden late-night snack that you will inevitably spill all over yourself. Not that it matters. One of your friends accidently poured a double vodka cranberry down your back an hour ago.

• Send (what you think are) nonchalant text messages to that guy you went on a few dates with back in May. You didn't really like him and it didn't go anywhere, but for some reason you feel the need to see what he's up to right now.

• Walk home barefoot through the city streets. Hepatitis be damned; your feet really hurt from wearing cheap heels all night long and five kilometres isn't really that far of a walk anyway.

• Facebook creep your ex. Wind up in a shameful spiral of despair before falling asleep on your keyboard. Wake up at 5:30 a.m. to a photo album titled I Luv U Babe featuring him and his new girlfriend, who you suspect is at least five years younger than you.

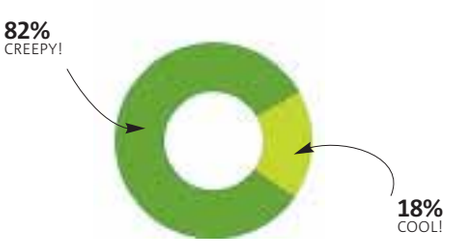
• Decide that the remedy for nausea is not water but tequila.

So be sure to proceed with caution on your next night of summertime revelry. Engage in any one of these activities and you will guarantee yourself a miserable morning after.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metrolifepanel.ca and take the quick poll

The Newsweek Princess Diana cover: Creepy or cool?



Local tweets

- **@OrangeCouchAnne:** I can hear the sound check for Britney next door & MTS Centre. By that I mean they're testing the cd …
- **@annikaquirante:** THERE'S FRICKEN HAIL OMG WINNIPEG WHAT'S WRONG WITH YOU.
- **@4marknelson:** It's absolutely electric outside. #thunderstorm #winnipeg I hope I don't see a farmhouse and a witch fly by. #tornado
- **@TickleMeOcko:** Some funky looking cloud formations around Winnipeg right now. Can I safely assume my soccer practice cancelled today?
- **@Bailiep:** The clouds in winnipeg are PUMPED to see @britneyspears and @NICKIMINAJ right now!! #thunderousapplause!!
- **@HannahRosePratt:** So my 15 minute walk home will be awesome in the rain with our new #winnipeg #tornadowarning. God help the $2 umbrella I just purchased
- **@alfrules:** hope Britney Spears already landed in #Winnipeg or there is gonna be a lot of pissed off little girls

Worth mentioning

TORONTO. It's part cathedral, part parking meter and part Cadillac. And it's the latest invention out of Great Britain.

It's called the AutoWed Wedding Machine — a kind of vending machine for wedding ceremonies.

It's the brainchild of Sam Lanyon, a 30-year-old electronics engineer.

It's a simple process: You put in $1 and the machine begins to play a wedding march. Then it asks you what kind of ceremony you want: Gay, straight, lesbian or best friend forever.

Once you have selected the type of wedding, AutoWed takes over. If you agree to marry, you press the No. 1 on a computer keyboard. If you don't agree, you press 2 for "escape." After you exchange vows, it dispenses two plastic rings. Once the rings have been exchanged, a voice congratulates you and instructs you to kiss.

With the ceremony over, the vending machine dispenses a receipt with your names on it and asks you to hold on to it. Lanyon admits the ceremony is not legally binding, but designed only as a novelty.

TORSTAR NEWS SERVICE

Cartoon by Michael de Adder

WEIRD NEWS

Not the best idea to invite him to lunch

Joey Chestnut scarfed down 62 hotdogs to win his fifth consecutive Fourth of July hotdog-eating contest at Coney Island — the equivalent of about 20,000 calories in 10 minutes.

It wasn't a personal best for the 27-year-old nicknamed Jaws, but it was enough to out-eat second-place finisher Patrick Bertoletti by nine wieners. Chestnut of San Jose, Calif., won $10,000 and the coveted mustard-yellow belt.

"I feel great!" he said, sweat pouring down his face after the contest, adding he was going to drink a lot of water and avoid hotdogs for a few days.

This year, for the first time, the annual contest in front of Nathan's Famous fast food stand was broken into two divisions, one for men and one for women.

Sonya Thomas, known as the "Black Widow" of competitive eating, won with 40 downed dogs, earning her $10,000 and her own pink champion's belt.

Both Thomas and Chestnut broke world records in 2009; he with 68 and she with 41.

THE ASSOCIATED PRESS

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FABRIZIO COSTANTINI/GETTY IMAGES

▶ Steve Swancott installs trim on a minivan at the Chrysler assembly plant in Windsor, Ont.

Gas prices drive car sales up

Motorists spurn gas-guzzling trucks and SUVs for fuel efficiency ◐ June sales soared for Top 3

Canada's leading automakers are reporting a strong rebound in sales last month after a weak performance in May.

Ford, General Motors and Chrysler of Canada saw their sales improve dramatically on an annual basis.

Ford Canada once again claimed the top spot with June sales that rose six per cent to 33,450 from 31,707 from year-before levels. That was its best June since 1989.

May was the only month the automaker, along with many others, reported a decline in sales, led by falling truck sales. That led observers to suggest that high gas prices are forcing drivers to rein in purchases. Automakers have been reporting a boost in car sales for most of this year due to soaring fuel costs.

In June, Ford car sales were up 32 per cent, driven by sales of its Focus, Fusion, Taurus and Mustang. Truck sales, however, fell nearly four per cent.

General Motors Canada, Canada's second-best-selling automaker last month, said sales grew 12 per cent from a year ago, led by its Chevrolet Cruze and other fuel-efficient cars. Total sales of vehicles was 27,865, compared to 24,897 a year before.

Meanwhile, Chrysler Canada reported the largest improvement from year-ago sales. The company said its sales soared 27 per cent to 23,576 vehicles from 18,502 a year ago. That was its best June since 2005. THE CANADIAN PRESS

WINNIPEG DAMAGE

Flood damages city hall offices

A leaking hot-water tank appears to be the culprit behind damage to several offices at Winnipeg City Hall yesterday morning.

City staff said a hot-water tank on the top floor leaked, sending water rushing down walls and through ceilings.

At least four councillors had their offices damaged and are dealing with soaked carpets and wet walls. A number of other areas have been damaged as well, including the press room downstairs. Couns. Ross Eadie and Paula Havixbeck's offices have suffered the worst of it.

The damaged areas will likely need to be ripped out to prevent mould. ELISHA DACEY

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
+ 85.62 (13,386.49)	+ 0.40¢ (104.08¢ US)
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	Gold contract
	U.S. markets closed

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2 scene

Party free

Harry Potter star Daniel Radcliffe says he has given up drinking alcohol after realizing he was partying too hard.
The 21-year-old says he began to drink too much while filming Harry Potter and the Half Blood Prince in 2009.
THE ASSOCIATED PRESS

Tracy Morgan has a way of riling folks with his comedy, but why should anyone care?

HANDOUT/WARNER BROS. PICTURES

▶ Charlie Day as Dale and Jennifer Aniston as Dr. Julia Harris star in the dark and wacky comedy, Horrible Bosses.

Horrible Bosses with a twist

Charlie Day plays a meek dental hygienist who doesn't want to be hit on by his boss, played by Jennifer Aniston ◐ Believable? You be the judge

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Charlie Day, best known for his illiterate, glue-sniffing character on FX's It's Always Sunny in Philadelphia, has been put in the unlikely position of explaining why being pursued for a sexual liaison by a character resembling Jennifer Aniston is an unpleasant prospect. It's not an easy job.

"Most men don't cheat on their wives. Not all, but close," he offers rather sheepishly. His character in the comedy Horrible Bosses is a dental hygienist for Aniston's man-eating dentist. Devoted to his fiancé, Day's character Dale is terrified by his boss' blackmailing seduction. As the logic of the film goes, he and his buddies, played by Jason Sudeikis and Jason Bateman, decide to kill Dale's boss. Dark as it may seem, Bosses isn't afraid to cover the controversial topics.

"I don't think anything is too taboo to make funny," says Day.

"Murder is a terrible thing. It ruins people's lives. But set against this backdrop, in this idiotic light with these guys that have no business trying to commit a murder go about it, then it becomes a comedy. The things aren't inherently funny themselves. It's how you tell the joke."

That's where the overlap lies between Horrible Bosses and It's Always Sunny in Philadelphia.

He's just wrapped production on the seventh season of the sitcom on which no topic — from abortion to crack smoking — is too crooked or bizarre.

"Managing to fly under the radar enough so that we don't lose our street cred but be a big enough hit that we're actually a very successful show has been a really nice balance," says Day. The next season premieres in September.

Bearded humour

Is facial hair funny?

"Having a beard just makes me look older," says Charlie Day. "Sometimes when I shave it off I feel like I still look like I'm 15. Mac (on Sunny) kind of grows his beard a little bit longer this season. He's definitely funnier, but I've definitely seen some unfunny people with beards. I don't know that it makes people unfunny. I just know that there are plenty of people who grow beards who still remain completely humourless."

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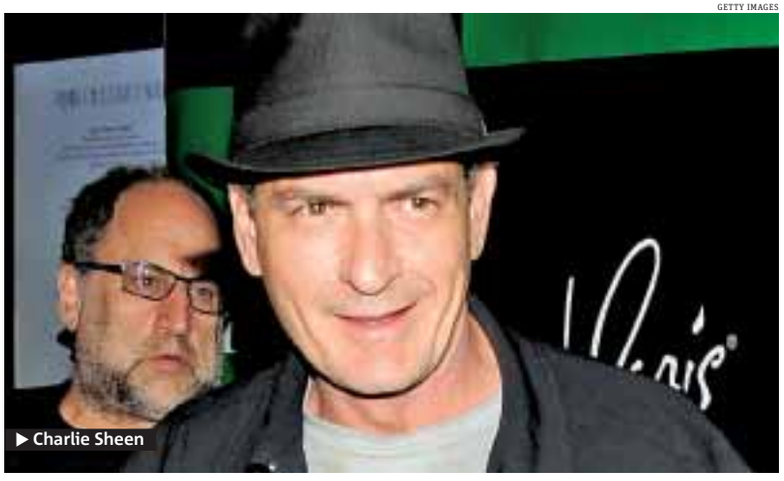
GETTY IMAGES



▶ Charlie Sheen

Sheen picks his intern

Canadian applicants lose out on chance to join Team Sheen

Actor Charlie Sheen has chosen his "tiger blood" intern and he's not a Canadian.

The fired Two and a Half Men star tweeted last week that Team Sheen welcomed Josh Burstein as its new social media intern. The Los Angeles resident, who works for the Israeli government's economic mission to the U.S., beat 82,000 applicants.

One of them was Sepy Bazzazi, 25, who works in social media for Earls Restaurants in Vancouver. He tweeted his congratulations to Burstein.

Phil Pallen of Belleville, Ont., who was one of the final 50 candidates, ditched his bid last month and accepted an offer to work for American Idol host Ryan Seacrest instead.

Burstein tweeted "Tiger blood, coarsening (sic) through my veins. Excited for the opportunity!"

THE CANADIAN PRESS

GETTY IMAGES

▶ Andrew Keegan

Taser story: Here's another case of where are they now

You don't know Andrew Keegan's name, but if you watched a lot of family-friendly TV in the 90s — including 7th Heaven (he played Wilson) or Party of Five (he was Reed) — you'd recognize his face.

Anyway, this weekend, he was tasered by cops, reports TMZ.

The site says he was playing music loudly in his car and got mad when the police approached.

We're guessing the line "Don't you know who I am?" drew blanks.

METRO

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Scott a headliner at Essence Music fest

GETTY IMAGES

▶ Jil Scott

Neo-soul artist Jill Scott brought a sassy new look, new music and a surprise performance with soul-singer Anthony Hamilton on the second day of the Essence Music Festival.

Scott performed some of her timeless hits Saturday evening such as Long Walk, and The Way and drew heavily on tunes from her new release, The Light of the Sun.

She delighted fans when Hamilton joined her on stage to perform their current hit, So In Love, which has helped push the new album to No. 1 — her first release to do so.

Scott was among the headliners for Saturday's festival, which also featured performances by El Debarge, Chaka Khan and the night's closer, rapper Kanye West.

THE ASSOCIATED PRESS

A career-first for Taylor Swift

Taylor Swift recently postponed a show for the first time in her career.

Swift had to postpone Saturday night's sold-out show at the Yum Center in Louisville under doctor's orders because of an illness.

She tweeted the bad news to fans: "This is my first time having to do this. I'm so, so sorry."

Within 20 minutes, hundreds of followers had responded with get-well wishes, which were already among the most popular international trends on Twitter for the day.

Swift postponed the show until Oct. 11. She's due for a short break before returning to the road in Charlotte, North Carolina, on Friday in support of her multi-platinum Speak Now album.

THE ASSOCIATED PRESS

Taylor Swift

Celebrity tweets

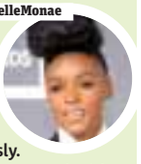
Just paid 40 cents to use the bathroom in Brugge. Based on my output, I gave an additional 40 on the way out. I support world commerce.

@EricStonestreet

@JoelMcHale

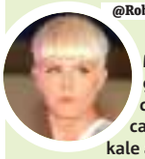
Happy Independence America! In celebration, I'm in London. Don't worry I brought an ass-load of fireworks.

@JanelleMonae



we always come to each city bearing gifts. giving selflessly. When we r greeted with the same intentions that's when things become MAGICAL.

@RobynKonichiwa



My new rap group is called carrots and kale and the first single: vegan aint easy

Talking points

A tongue tale in Paris for director

MAKEOUT SESSION. Caught making out by TMZ: Paris Hilton and The Hangover I and II director Todd Phillips.

After making two of the biggest comedy hits of all time, is this a step up? Or a step down? Lateral move?

METRO

GETTY IMAGES

▶ Paris Hilton

3 life

Choice, not money, the key to happiness

New Zealand researchers find that self-expression and life options are more important than having money

CELIA MILNE
LIFE@METRONEWS.CA

Money doesn't buy happiness. But what does? According to a large worldwide study, having choices in life and being able to express yourself are the most important ingredients in being happy.

Researchers in New Zealand collected data from all around the world on what factors contribute to well-being. Altogether, the studies included 420,599 people from 63 countries over several decades, so the science behind their results is very strong.

"The main finding is that money does not buy happiness and well-being," says Dr. Ronald Fischer, lead author, in an email to Metro.

"Choice and autonomy are more directly related to happiness than having lots of money. Autonomy provides you with the options to pursue meaning in your life, to find activities that stimulate and excite you and keep you active," explains Fischer, who is a senior lecturer in psychology and Fellow of the Centre for Applied Cross-Cultural Research at Victoria University of Wellington, New Zealand.

He and colleagues were surprised by the finding that choice and self-expression are more important than money, especially once you have your basic needs met.

"We did not predict we would find these clear patterns when we started and none of our friends or colleagues would have bet on this."

Job searchers take note.

"People may not need to go for the highest paying job, but rather focus on something that fulfills them personally and gives them greater happiness and satisfaction in their life," he says.

He warns that too much of anything is bad.

"Having too many choices or too much autonomy can lead to doubt about what to do, and regret that you aren't making the right choices."

The study was published by the American Psychological Association.

Happiness

A giant new study in New Zealand found the ingredients to happiness. Here are a few tips to finding that happiness

- Establish a few close and meaningful relationships
- Step away from Facebook, Twitter and email and cultivate some deeper friendships
- Seek individualism, not just money
- Express yourself; be creative
- Seek freedom to pursue your interests
- Do things that excite you

ISTOCK PHOTOS

▶ A life of choice is a life of happiness, a new study shows.

Fitness pick

Fixx ID

Adidas tennis bag by Stella McCartney Tennis is the ultimate summer sport and regular court sessions will give you an enviably toned up pins.

METRO

ADIDAS

$200
shopadidas.com

Seeds tainted by E. coli strain might still be out there, experts warn

BODYISMYOGA

Yoga pose. Head to knee forward bend/Janu Sirsasana

What you do:

1. Sit on the floor with your legs straight in front of you. Inhale, bend your right knee and draw the heel back towards your perineum. Rest your right foot sole against your inner left thigh and lay the outer right leg on the floor with the shin at a right angle to the left leg.

2. Press your inner right hand against your inner right groin and your left hand on the floor beside the hip. Exhale and turn the torso slightly to the left, lifting the torso as you push down on and ground the inner right thigh. Line up your navel with the middle of the left thigh. Stay here and lengthen the spine.

3. Reach out with your right hand to take the inner left foot, thumb on the sole. Inhale and lift the front torso, pressing the top of the left thigh into the floor and extending through the left heel. Use the pressure of the left hand on the floor to increase the twist to the left. Reach your left hand to the outside of the foot. Arms fully extended, lengthen the front torso from the pubis to the top of the sternum.

4. Exhale and extend forward from the groins, not the hips. As you descend bend your elbows to the sides

5. Lengthen forward into a comfortable stretch. The lower belly should touch the thighs first, the head last. Stay in the pose 1-3 minutes. Repeat on the other leg.

STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR

PUBLIC NOTICE

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Gourmet burger's arrival

Unburger aims to serve up a burger unlike any other you've ever tasted

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

Is Winnipeg ready for a gourmet burger joint? Unburger seems to think so. The doors have finally opened to this hugely anticipated burger paradise.

The space is white, modern and slick. It says to me, "Come have a fancy burger. It's good for you."

PAY CHEN

▶ Deliciousmosttastious Bacon Cheddar Burger.

Unburger
472 Stradbrook Ave.
888-1001
eatunburger.com
Social lunch: Yes
Client negotiations: No
Licensed: Yes
Price range: $3 - $9.75
Rating: 3.5 out of 5

With a limited menu that will expand over the next few weeks, you can expect fresh 100 per cent extra lean Manitoba beef and fresh local chicken.

Burgers come on your choice of freshly baked ciabatta or multi-grain bun.

The Deliciousmosttastious Bacon Cheddar Burger ($8.50) includes double smoked bacon, cheddar, lettuce, tomato and herb mayo. The beef patties are smaller than most but nothing feels heavy or greasy.

Make sure you get a side of deliciously crisp yam fries ($3.00).

A selection of healthy sides and salads will complete your meal and to make it even better, Unburger is licensed so dress up that burger with a glass of wine.

THE CANADIAN PRESS H/O

Canadian Bacon Bonanza

Preparation:

1. In a bowl, combine bacon and brown sugar, making sure sugar evenly coats both sides of bacon. Place on outdoor grill over medium heat and grill for 3 to 4 minutes per side or until crispy and golden brown. Let cool.
2. For 1 serving: In bowl, combine syrup, 1 strip of crumbled bacon, sea salt. Place ice cream in serving dish. Drizzle with caramel-bacon mix. Garnish with additional bacon and caramel syrup.

THE CANADIAN PRESS/ SMUCKER FOODS OF CANADA

Ingredients:

- 6 strips uncooked bacon
- 50 ml (1/4 cup) brown sugar
- 30 ml (2 tbsp) caramel-flavoured sundae syrup, plus extra for serving
- Sea salt, to taste
- 1 large scoop (about 250 ml/1 cup) maple ice cream
- Additional candied bacon, for garnish (optional)

THANK YOU NOTES ARE A MUST

I'm a second-time bride getting married the last week of July. I work full time, will be going on a two-week honeymoon and have two children from a previous marriage to take care of full time. Based on the fact that everyone knows how busy I am, are people honestly expecting me to send thank you notes for their presents?
Carole, Nova Scotia

Hello Carole:

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Congratulations on your upcoming wedding! I know the answer to your question is one you don't want to hear, but it's yes, you do need to send everyone a thank you note and here's why:

1. People have gone to the trouble of spending time and money shopping for you — and they are just as busy as you!
2. It would be hurtful for guests who might think that your lack of communication means you don't care or value them or their gift.

That said, don't pressure yourself to write all of the notes at one time. Pace yourself. Send one or two per day, or 10 or so per weekend, and soon enough they will be done — I promise!

As my grandmother taught me, you will never be criticised for sending a thank you note, but you will always be criticised for not sending one!

ISTOCK

▶ A simple note can go a long way.

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lavalife VOICE
lavalifevoice.com

GOOD DEALS CAN BE BAD FOR YOU

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

What's the "big deal" today? Check your email, Facebook or Twitter and within seconds you'll know it's 50 per cent off rims for your ride or a two-for-one pass to Ashton Kutcher's new flick.

Sites like Groupon get frugal types like me all revved up. They negotiate huge discounts with popular local businesses and pass along savings of 50 to 90 per cent to subscribers.

If you're in the market for a particular product and its price gets slashed, online coupons can save you hundreds of dollars.

Saving money is en vogue and often the topic of water cooler conversation.

But, if you're leading your offices' popularity contest for nabbing the best daily online deal, watch out!

You'll quickly fall from financial grace once your credit card is maxed and you've got nothing more to share with your colleagues.

It's important to ensure you're not spending money unnecessarily simply for the sake of a "sweet deal."

If a fancy trip out to the Fairmont Banff Springs Hotel wasn't part of your travel plans this month, don't buy one.

Sure, it's important to include fun and entertainment in your budget, but not at the expense of building your financial security.

A great deal you can't afford is never a good deal.

More pitfalls of working at home

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Liberating though it can be, working at home isn't all hanging out in sweats and catching up on daytime TV. Last week I presented seven drawbacks of the home-based job and you readers reminded me of five more.

ISTOCK IMAGES

▶ Alison's money rule: Working at home is a dream for many. Just be aware of the disadvantages before you try it.

1. Lack of spousal support

A spouse who doesn't respect and support what you're doing can turn working at home into a nightmare. In a previous incarnation I had one of those. For instance, reading the papers and magazines, and now browsing the Internet is a big part of my job. But he refused to see it that way, always characterizing it as slacking around. Never mind that he was unemployed!

2. Household chores

Because you work the expectation is you can do household chores, drive kids and aging parents to appointments during your down time. The reality is that down time is limited because you are on your own with no colleagues or assistants to take up the slack. Set boundaries, although it can be tough when family is involved.

3. Kids home sick!

You're home so you can just keep an eye on those sneezing, coughing, feverish kids. Then there are school holidays and snow days, which fall in the lap of the work-at-home parent.

4. Non-custodial drop off

I've never personally experienced this but several readers complained that their ex just drops the kids and says, "You're at home anyway and I've got this big business trip so I thought you could help me out with the kids this month."

It's a tricky situation to deal with in the absence of goodwill and strong communication.

5. Credit scarcity

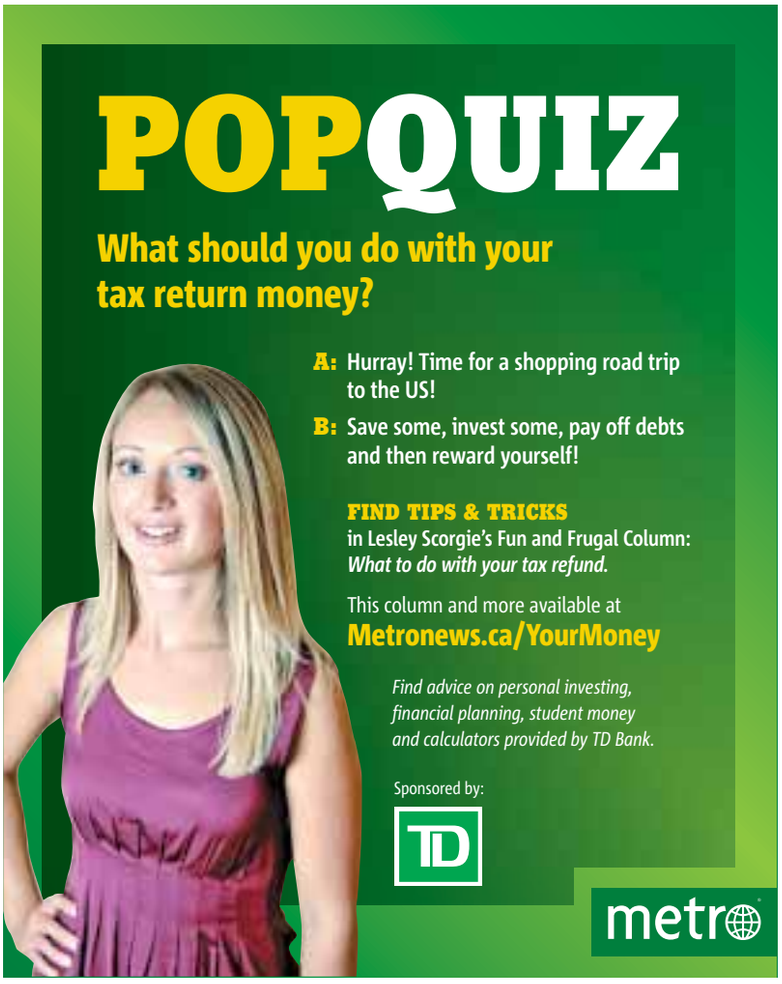
Banks still look askance at the self-employed. I believe they have a secret, negative category for us.

Assets, sparkling credit score and low debt to income ratio be damned, the work-at-home crowd have a tough time getting things like a business related line of credit without pledging their first born.

I've outlined 12 pitfalls of working at home this week and last. Even so, I wouldn't have it any other way.

On the job

- Fifty-four per cent of those who work at home have a university degree.


POPQUIZ
What should you do with your tax return money?
A: Hurray! Time for a shopping road trip to the US!
B: Save some, invest some, pay off debts and then reward yourself!
FIND TIPS & TRICKS
in Lesley Scorgie's Fun and Frugal Column:
What to do with your tax refund.
This column and more available at
Metronews.ca/YourMoney
Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.
Sponsored by:
TD
metro

4 sports

Quoted

"For us, it's about proving that we belong here, that we deserve to be No. 6 in the world, it's not a fluke and we have to go out and prove to ourselves and to Canada that we're a lot better than we were that day."

CANADIAN GOALKEEPER ERIN MCLEOD, ON HER TEAM'S DESIRE FOR REDEMPTION AFTER A 4-0 LOSS TO FRANCE AT THE WOMEN'S WORLD CUP. THE SIXTH-RANKED CANADIANS FACE NO. 27 NIGERIA TODAY IN THE FINAL GAME OF THIS TOURNAMENT FOR BOTH WINLESS TEAMS.

Winners

MINNESOTA

- The Wild have certainly addressed some of their offensive shortcomings with the additions of Dany Heatley and Devin Setoguchi. They combined for 48 goals a year ago and have shown in the past they're capable of a much higher output.

WASHINGTON

- Not only did Caps GM George McPhee land a proven veteran in Tomas Vokoun — at an extremely cap-friendly price tag of $1.5 million US — he also obtained a potential lottery pick from Colorado for unpredictable goalie Semyon Varlamov.

N.Y. RANGERS

- The addition of Brad Richards doesn't solve all of New York's problems, but it drastically improves the outlook for next year. He'll slot in as the No. 1 centre and should make life a little easier for Marian Gaborik.

TORONTO

- Despite immense pressure to start winning immediately, the Leafs have avoided getting in cap trouble by overspending. The team's only free-agent signing, Tim Connolly, will strengthen a weak group at centre.

BUFFALO

- They overpaid for defenceman Christian Ehrhoff and forward Ville Leino, but when was the last time you could say that about the Sabres? Buffalo established itself as an off-season winner simply by making a splash in the free-agent pool.

After the off-season gold rush

A look at which NHL clubs have come out ahead in a few weeks of frenzied roster moves

Losers

FLORIDA

- To be fair, the Panthers were pretty much in a no-win situation. GM Dale Tallon acknowledged as much at the draft when he said the need to spend up to the $48.3-million US salary floor would actually make his team worse.

PHILADELPHIA

- GM Paul Holmgren has made a habit of doing things his own way. The culture change that comes with the departure of Mike Richards and Jeff Carter probably won't be enough to overcome the drop in talent that accompanies it.

DALLAS

- An uncertain ownership issue has made the job of building a team particularly tough on GM Joe Nieuwendyk, who simply couldn't come up with the kind of offer needed to keep Brad Richards in the fold.

CALGARY

- A team that missed the playoffs a year ago lost veteran defenceman Robyn Regehr in exchange for nothing more than salary cap flexibility. While that certainly has value in today's NHL, GM Jay Feaster has yet to put it to use.

COLORADO

- After letting both of his goaltenders walk away, GM Greg Sherman is taking a bit of a gamble. He's banking on the duo of Semyon Varlamov and J.S. Giguere making his team much better.

THE CANADIAN PRESS

Jets make big splash in free-agent pool

Randy Jones is going to celebrate becoming a Winnipeg Jet by doing a little shopping.

After two seasons spent playing in Tampa Bay and Los Angeles, the defenceman admits he's in need of more appropriate clothing for his new home.

"I have to go out searching for some new snow boots," said Jones, who was one of six players signed by Winnipeg yesterday. "I'm looking forward to it. Hockey's played during the winter time, the freezing cold, and it's going to feel like hockey again."

Ladd in limbo

Andrew Ladd remains without a contract for next season and is expected to file for salary arbitration unless a deal can be completed quickly.

- The 25-year-old forward earned $2.35 million US with the Atlanta Thrashers last season and had a career-best 29 goals and 59 points.
- Players have until 5 p.m. ET this evening to file for arbitration.

Along with Jones, the Jets added Winnipeg native Derek Meech, winger Tanner Glass and centre Aaron Gagnon, as well as former Manitoba Moose forward Rick Rypien and defenceman Mark Flood.

Jones signed a $1.15-million US, one-year deal. The 29-year-old had 13 points in 61 games for the Lightning last season.

"It's going to be a great time, it's going to be a great city to play in front of."

RANDY JONES ON PLAYING IN WINNIPEG

Meech, also a defenceman, appeared in 126 games for the Detroit Red Wings over the last four years and received a one-year deal that will pay him $700,000 at the NHL level.

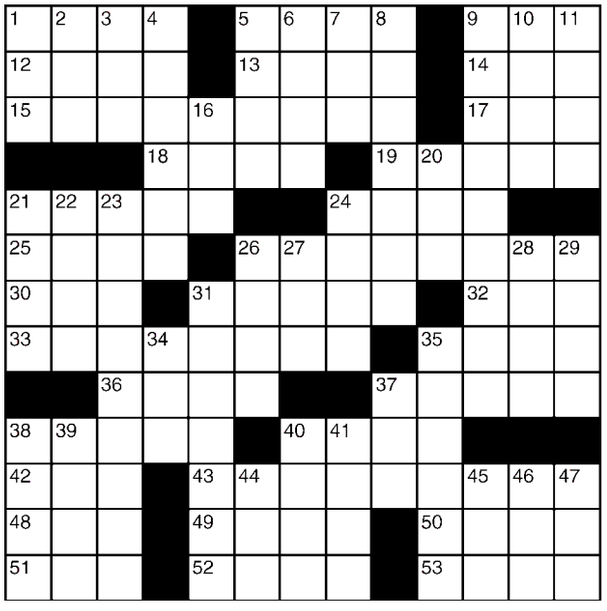
Glass inked a $750,000, one-year deal while Rypien signed on for one season at $700,000. They most recently played for the Vancouver Canucks.

Gagnon signed a two-year deal — the second year is a one-way agreement that pays $525,000 — after splitting last season between the Dallas Stars and Texas Stars.

Flood spent all of last year with the Moose and is likely bound for the franchise's new affiliate in St. John's, N.L.

THE ASSOCIATED PRESS

Crossword



Across

1 — Romeo
5 Mr. Disney
9 Bribe
12 Indonesian island
13 Screenwriter James
14 Dusk-dawn link
15 Venue for Matlock
17 Carte lead-in
18 Building extension
19 Singer Cline
21 "King Lear" daughter
24 DNA bit
25 Wrong
26 Troubadour
30 Witness
31 "Goodbye, Mr. Chips" star Robert
32 Raw rock
33 Cops' district
35 Venetian magistrate
36 Ship of 1492
37 Knight's apparel
38 Really thin person
40 "My Fair —"
42 Cattle call
43 Business meeting site
48 Yoko of music
49 Touch
50 Eye layer
51 Workout place
52 Neat
53 — a soul (nobody)

Down

1 "Wipeout" network
2 "7 Faces of Dr. —"
3 Winter ailment
4 Plane's route
5 Caution
6 Enthusiastic
7 Zodiac sign
8 Storm
9 Cruise ship accommodation
10 Rembrandt's supply
11 Theatrical presentation
16 Stannum
20 Pismire
21 Grate
22 Basin accessory
23 Where performers wait to go on
24 Summertime pest
26 "— Lisa"
27 Biz letterhead abbr.
28 Therefore
29 Lecherous look
31 Nitwit
34 U.S. spy org.
35 Rehearsal
37 Toss in
38 Air pollutant
39 Rabbit
40 Praise to the skies
41 Bohemian
44 Sapporo sash
45 Eggs
46 "— the ramparts ..."
47 Has permission

▶ Yesterday's answer

D	A	M	P	■	B	R	A	■	P	I	E	D
E	X	T	E	R	I	O	R	■	R	O	D	E
L	E	A	N	O	N	M	E	■	E	T	A	L
■	■	■	C	A	D	■	A	F	L	A	M	E
A	P	H	I	D	■	C	C	I	I	■	■	■
P	A	U	L	■	D	O	O	R	M	A	N	■
T	I	L	■	W	I	L	D	E	■	B	I	B
■	N	A	M	A	S	T	E	■	M	E	N	U
■	■	■	A	L	A	S	■	B	A	T	E	S
C	R	A	T	E	R	■	C	O	N	■	■	■
L	I	F	T	■	M	E	A	N	T	O	M	E
A	C	R	E	■	E	M	P	O	R	I	U	M
P	O	O	R	■	D	U	E	■	A	L	M	S

Sudoku

4			5		1			8
		1			3			
				6			2	
5	9			7				3
		6	9		8	7		
7				4			1	9
	1			2				
			8			3		
2			4		9			7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	5	6	2	7	1	9	4	8
7	9	8	5	4	3	1	2	6
1	2	4	8	6	9	5	3	7
2	4	3	9	8	5	7	6	1
8	6	5	4	1	7	2	9	3
9	7	1	3	2	6	8	5	4
6	3	7	1	9	2	4	8	5
5	8	2	7	3	4	6	1	9
4	1	9	6	5	8	3	7	2

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Love of my Life lo..that post was not mine you must know that. You know you are my life n everything..I thought you know me better by now..where is our understanding n trust? you seem to be mad n hurt..it was 3rd person. I feel so bad. No time to stress now..you got to relax bit ..play with hammock..don't u worry about me too much..i know u do..no wonder why i love you so much..smile 4me pl. Thanks.
FROM ALWAYSYOURS

Mon Souris Electrique II am real. I have only posted 2 messages ever! This is my third one now. I am calm and steady as a rock. And don't call me Annie! Bonjour! Merci beaucoup mon cherie xo
FROM DOLPHINE

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 15° Max 25°	Min 16° Max 27°	Min 17° Max 27°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You should be feeling stronger mentally now.

♉ Taurus April 21-May 21 You need to be a bit more open with partners and loved ones today.

♊ Gemini May 22-June 21 If you have been holding back from saying something because you did not want to hurt someone's feelings you will realize that your efforts have been counter productive.

♋ Cancer June 22-July 22 You will receive good news concerning your cash flow situation today.

♌ Leo July 23-Aug.23 Your message is important — make sure it gets through.

♍ Virgo Aug. 24- Sept. 22 You may not much like what you are expected to do today but you are advised to do it anyway.

♎ Libra Sept. 23-Oct. 23 Your confidence will get a boost today.

♏ Scorpio Oct. 24-Nov. 22 You are full of ideas for the future.

♐ Sagittarius Nov. 23-Dec. 21 You will experience a surge of energy over the next 24 hours that makes all things possible.

♑ Capricorn Dec. 22-Jan. 20 A partnership that is based purely on convenience is unlikely to survive the stresses and strains of the next few days.

♒ Aquarius Jan. 21-Feb. 18 You must ask friends for their permission before you do anything that could affect them.

♓ Pisces Feb. 19-March 20. By all means make changes but don't expect everyone to be happy with them.

SALLY BROMPTON

Caption contest

DARREN CALABRESE/ THE CANADIAN PRESS

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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AirSource
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(204) 925-1260

AirSource
2599 Pembina Hwy. at Bison Dr.
(204) 261-1234

AirSource
Portage Place
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AirSource
2609 Portage Ave. at Moray
(204) 954-2939

AirSource
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Winnipeg Square
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(Waverley at McGillivray)
(204) 947-9570

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(204) 325-4121

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(204) 727-0100

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